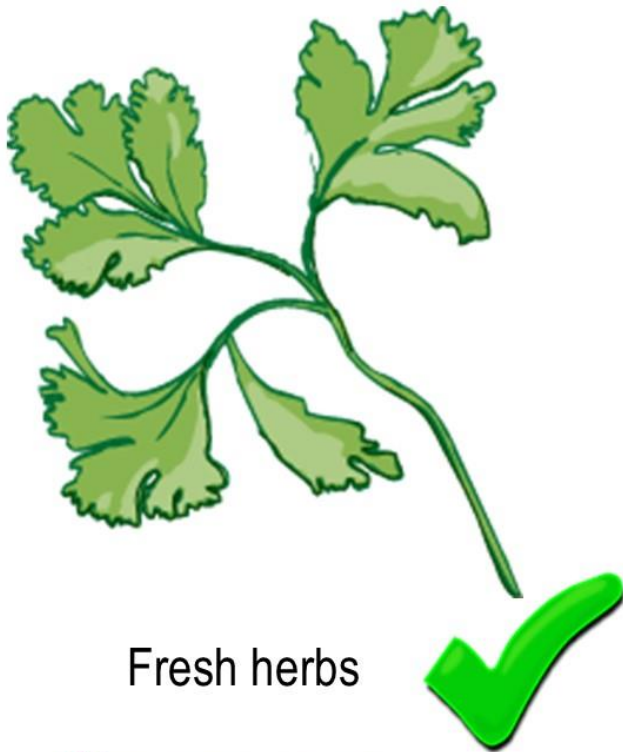
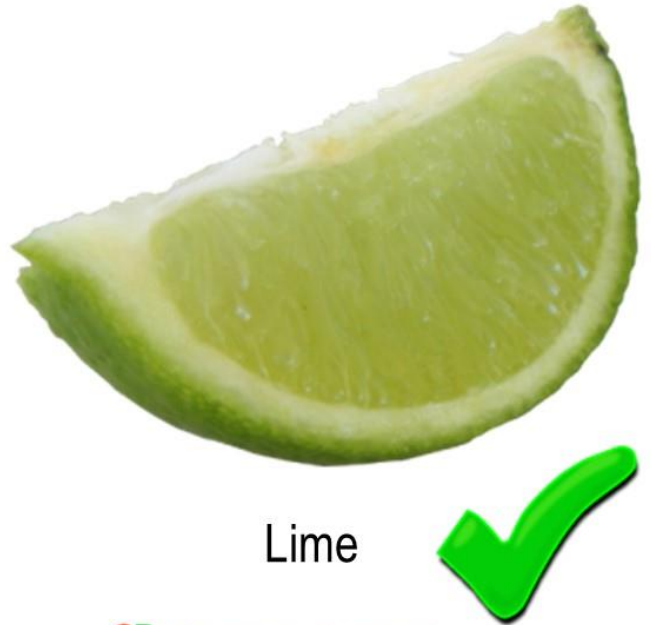


Salt flavouring- Better Choice cards



Fresh herbs

Salt flavouring- Better Choice cards



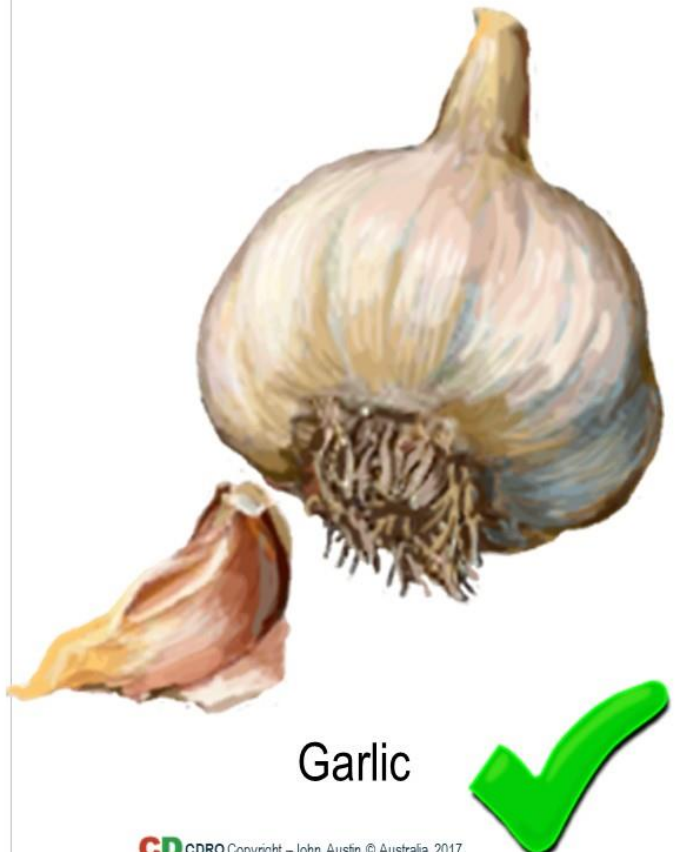
Lime

Salt flavouring- Better Choice cards



Garlic Paste

Salt flavouring- Better Choice cards



Garlic

Salt flavouring- Better Choice cards



Ginger Paste



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Spices



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Ginger



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Onion



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Honey



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Vinegar



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Dried herbs



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Salt flavouring- Better Choice cards



Pepper

Salt flavouring- Better Choice cards



Dried herbs

Salt flavouring- Better Choice cards



Chilli
paste

Salt flavouring- Better Choice cards



Chilli

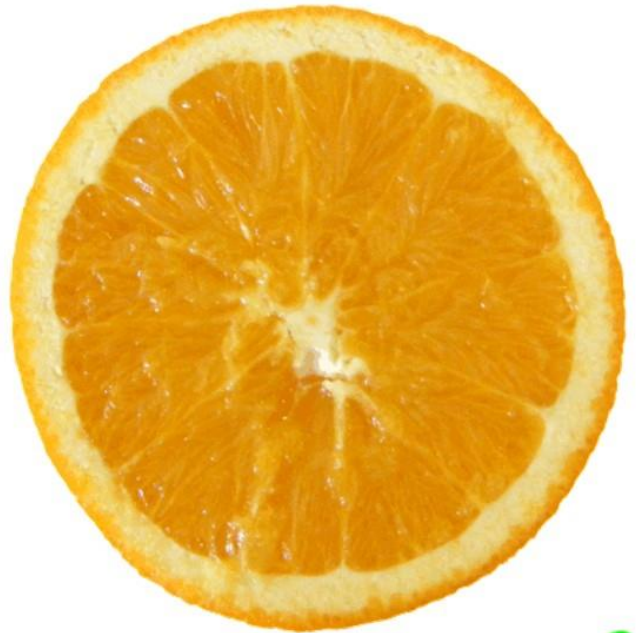
Salt flavouring- Better Choice cards



Low salt gravy



Salt flavouring- Better Choice cards



Orange



Salt flavouring- Better Choice cards



Mustard powder



Salt flavouring- Better Choice cards



Low salt curry powder



Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Use of resource:

Salt 'Better Choice' Flavoring Food Cards provide enlarged pictures of information on the salt handout to be used in interactive discussion with dietitian

Purpose of resource:

To help dialysis patients to choose low salt options so they have and avoid heart damage.

Content

- Examples of Better Choice Low Salt Flavouring foods.

Key skills (Competencies):

A patient should be able to:

- Tell you how salt can damage their heart.
- Show you low salt food options.
- Show you high salt food options.
- Tell you one change they or someone could make to have a lower salt food.
- Tell you what would stop them making low salt choices

Key Health Messages

- Too much salt can damage your heart.
- Choose low salt foods it will help your heart stay stronger for longer.
- Talk to your dietitian about making low salt food choices.

Target group:

This resource is designed to be used by any Australian who receives dialysis.

Notes:

This resource is designed to be printed A4 or A3 size , cut out and laminated so they can be used in interactive activities.

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